

ENGAGING WITH GENERAL MENTAL HEALTH RELATED CONTENT

Consider:

- ★ Seeking out positive content
- ★ Taking a break
- ★ Limiting screen time
- ★ Blocking/muting/unfollowing/
not engaging with harmful
content & users

Seeking Online Support:

www.mind.org.uk
www.sane.org.uk
www.childline.org.uk
www.rethink.org